

WHAT IS CLAIMED IS:

- 1 1. A method of raising serum DHEA levels in an individual, the
2 method comprising applying a therapeutically effective amount of a magnesium-
3 containing composition to the individual's skin, the magnesium-containing
4 composition comprising about 25 to 35 weight percent magnesium chloride, a solvent,
5 a gelling agent and glycerin.
- 1 2. The method of claim 1 wherein the magnesium-containing
2 composition is substantially free of sodium ions.
- 1 3. The method of claim 1 wherein the magnesium-containing
2 composition is substantially free of sulfate ions.
- 1 4. The method of claim 1 wherein the gelling agent is a cellulose.
- 1 5. The method of claim 4 wherein the cellulose is methyl
2 cellulose.
- 1 6. The method of claim 1 wherein the solvent is water.
- 1 7. The method of claim 1 wherein the magnesium-containing
2 composition comprises about 60 to 75 weight percent solvent.
- 1 8. The method of claim 1 wherein the magnesium-containing
2 composition comprises about 0.1 to 5 weight percent gelling agent.
- 1 9. The method of claim 1 wherein the magnesium-containing
2 composition comprises about 0.1 to 5 weight percent glycerin.
- 1 10. The method of claim 1 wherein the magnesium-containing
2 composition further comprises one or more additives selected from the group
3 consisting of soaps, perfumes and dyes.

1 11. A method of raising serum DHEA levels in an individual, the
2 method comprising applying a therapeutically effective amount of a magnesium-
3 containing composition to the individual's skin, the magnesium-containing
4 composition comprising about 25 to 35 weight percent magnesium chloride, about 60
5 to 75 weight percent water, about 0.1 to 5 weight percent methyl cellulose and about
6 0.1 to 5 weight percent glycerin.

1 12. The method of claim 11 wherein the magnesium-containing
2 composition is substantially free of sodium ions.

1 13. The method of claim 11 wherein the magnesium-containing
2 composition is substantially free of sulfate ions.

1 14. A composition for the transdermal absorption of magnesium
2 comprising:

- 3 (a) about 25 to 35 weight percent magnesium chloride;
- 4 (b) about 60 to 75 weight percent water;
- 5 (c) about 0.1 to 5 weight percent of a gelling agent; and
- 6 (d) about 0.1 to 5 weight percent glycerin.

7 15. The composition of claim 14, wherein the gelling agent is a
8 cellulose.

1 16. The composition of claim 14 wherein the composition is
2 substantially free of sodium ions.

1 17. The composition of claim 14 wherein the composition is
2 substantially free of sulfate ions.